

WHAT IS CLAIMED IS:

1. An optical recording medium which data is recorded onto and/or played back from with a light beam directed thereto, comprising:

a land which spirally runs on the recording medium;

a first groove formed along one surface of the land and having a depth of d_1 ; and

a second groove formed along the other surface of the land and having a depth of d_2 , which is different from the depth of d_1 of the first groove,

wherein two optical detectors symmetrically arranged with respect to the center of a track formed of the land or the grooves detect light beams that are reflected from the optical recording medium when the optical recording medium is irradiated with the light beam, and the depths d_1 and d_2 satisfy the condition that the level ratio of an AC component of a sum signal represented by $A+B$ to a DC component of the sum signal is 0.15 or smaller where A is the output level of the one optical detector and B is the output level of the other optical detector.

2. An optical recording medium according to claim 1, wherein the depths d_1 and d_2 further satisfy the condition that the level ratio of an AC component of a difference

signal represented by A-B to a DC component of the difference signal is 0.15 or greater.

3. An optical recording medium according to claim 1, wherein at least one of the first and second grooves is a wobbling groove that at least partly wobbly runs.

4. A stamper for manufacturing an optical recording medium which data is recorded onto and/or played back from with a light beam directed thereto, the optical recording medium comprising:

a land which spirally runs on the recording medium;

a first groove formed along one surface of the land and having a depth of d_1 ; and

a second groove formed along the other surface of the land and having a depth of d_2 , which is different from the depth of d_1 of the first groove,

wherein two optical detectors arranged with respect to the center of a track formed of the land or the grooves detect light beams that are reflected from the optical recording medium when the optical recording medium is irradiated with the light beam, and the depths d_1 and d_2 satisfy the condition that the level ratio of an AC component of a sum signal represented by A+B to a DC component of the sum signal is 0.15 or smaller where A is

the output level of the one optical detector and B is the output level of the other optical detector.

5. A stamper according to claim 4, wherein the depths d_1 and d_2 further satisfy the condition that the level ratio of an AC component of a difference signal represented by A-B to a DC component of the difference signal is 0.15 or greater.

6. A stamper according to claim 5, wherein at least one of the first and second grooves is a wobbling groove that at least partly wobbly runs.